

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication of the Department of Community Resources and Services

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Help Build an Age-Friendly Howard County

In December, Howard County Executive Calvin Ball and the Office on Aging and Independence launched the Age-Friendly Howard County initiative; and now the work has begun to move the initiative forward. Here are some ways you can get involved:

STAY INFORMED. Visit www.howardcountymd.gov/agefriendly for the latest news and information. Join our mailing list to receive notifications about Age-Friendly Howard County events and updates.

JOIN A WORKGROUP. A series of Age-Friendly workgroups will meet bi-weekly or monthly from January through Fall 2020. Volunteer for one or more of the following groups to share your expertise and knowledge about:

- | | |
|--|--|
| <input type="checkbox"/> Outdoor Spaces and Buildings | <input type="checkbox"/> Transportation Options |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Social Participation |
| <input type="checkbox"/> Respect and Social Inclusion | <input type="checkbox"/> Work and Civic Engagement |
| <input type="checkbox"/> Communication and Information | <input type="checkbox"/> Community and Health Services |

EMAIL US ABOUT YOUR INTEREST. Drop us a note about volunteering for one or more workgroups at agefriendly@howardcountymd.gov. Initial meetings were held the last week in January. Details regarding subsequent meetings, including day, time and location of meetings will be posted online at www.howardcountymd.gov/agefriendly.

TAKE THE SURVEY. To more accurately represent the priorities of Howard County residents, an Age-Friendly survey will be available later this month. Adults of all ages are encouraged to participate in the survey, which can be accessed at www.howardcountymd.gov/agefriendly. Share the link with family, friends and neighbors in your community!

Loan Closet Offers Expanded Services



With a new, larger location and expanded services, the **Loan Closet of Howard County** will now offer durable medical equipment and assistive technology for all ages. Pictured above, left, Loan Closet Manager Mary Becker gave a tour of the facility to County Executive Calvin Ball and others. For more information, visit www.howardcountymd.gov/loanclaset.

A Message from
Howard County Executive

Calvin Ball



February is traditionally a month focused on love, but it is also a reminder for us to love ourselves. For our aging residents, that might mean learning more about our shared history through Black History Month activities or showing your heart a little extra love. Be sure to visit one of our 50+ Centers which offer amazing education, recreation, and resources aimed at creating a better quality of life for all and support our goal of creating an age-friendly Howard County community.

With our Age-Friendly Howard County initiative now underway, we encourage adults of all ages to join one of our workgroups and participate in a county-wide survey. The survey can be completed online, or in person at 50+ Centers, community centers and county office buildings. A survey link and information about workgroups can be found at www.howardcountymd.gov/agefriendly.

Celebrate Black History Month at our 50+ Centers with a series of historical presentations highlighting the achievements of some incredible Howard County residents. Learn about the life of Yarrow Mamout, a former slave and entrepreneur, at the North Laurel 50+ Center on February 5 at 11 a.m.; engage with Janice Green, a storyteller who sheds light on the life of Harriet Tubman, at the Glenwood 50+ Center on February 12 at 11 a.m.; and join us for a presentation on U.S. black troops from Howard County at the Ellicott City 50+ Center on February 21 at 11 a.m.

February is also a month to check-in on your heart. We want to ensure all our residents are healthy and thriving, but heart disease still affects many in our community, especially our aging population. I encourage you to check out the Living Well Chronic Disease Self-Management program to learn how you can manage chronic health conditions like high blood pressure, hypertension and heart disease, and take advantage of one of the many fitness and nutrition programs offered on a regular basis at our 50+ Centers.

Wishing you a love and joy-filled February.

 Howard County Office on
Aging and Independence

Department of Community Resources and Services

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This publication is available in alternate formats upon request.
To join our subscriber list, email kahenry@howardcountymd.gov

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Celebrate Black History Month

Black History Month is a time to celebrate the contributions of African Americans have made throughout history while promoting awareness of their struggles for freedom and equality. Celebrate this rich culture at the following 50+ Center events.

“And Still I Rise”

Tuesday, February 11 • 10:00 a.m. to noon

Bain 50+ Center

View this documentary by Maya Angelou, followed by a facilitated discussion. Light refreshments provided. FREE; RSVP to 410-313-7213.

Black History Month: Yarrow Mamout

Wednesday, February 5 • 11:00 a.m.

North Laurel 50+ Center

Author Jim Johnson chronicles the life of Yarrow Mamout, a former slave and entrepreneur, in his book, “From Slave Ship to Harvard: Yarrow Mamout and the History of an African American Family.”

The Life of Harriett Tubman

Wednesday, February 12 • 11:00 a.m.

Glenwood 50+ Center

Engage with Janice Green, a storyteller who sheds light on the life of Harriet Tubman, American abolitionist and activist. FREE; register at 410-313-5440.

Lunch & Learn

Thursday, February 13 • noon to 2:00 p.m.

Elkridge 50+ Center

Take a closer look at black history and experiences in the context of American History, systems, institutions, and culture to foster a greater sense of connection and understanding. Register at the front desk of each center.

United States Colored Troops from Howard County

Friday, February 21 • 11:00 a.m.

Ellicott City 50+ Center

Shawn Gladden of Howard County Historical Society provides a closer look at the men who served in the Civil War, including former slave Decatur Dorsey, recipient of a Congressional Medal of Honor for bravery. FREE.

Boost Heart Health at the 50+ Centers



Living a Heart-Healthy Life

Tuesday, February 4 • 1:00 to 2:00 p.m.

East Columbia Library Branch

Learn the signs, risk factors and lifestyle habits related to heart health and cardiovascular disease; identify lifestyle changes for a heart-healthy life. FREE; call 410-313-3506 for more info.

Good Fats, Bad Fats, and the Healthiest Foods for Heart Health

Thursday, February 6 • 11:15 a.m. to noon

Elkridge 50+ Center

Carmen Roberts, RD, will share the latest research about the link between dietary fat and cardiovascular disease, and what type of fat best supports a healthy heart. FREE; register at 410-313-5192.

Mission Nutrition: Take a Break Snack Mix

Tuesday, February 11 • 10:15 to 11:15 a.m.

Elkridge 50+ Center

Join nutrition specialist Marcus Hockaday for heart-healthy nutrition tips, recipes and tastings. Learn how to create an easy-to-make snack mix recommended by the American Heart Association. FREE.

Performance Physical Therapy: Shoulders

Tuesday, February 25 • 1:00 p.m.

Ellicott City 50+ Center

Kerry H. Hite, DPT, OCS, CMTPT, will share the best and safest shoulder exercises to perform at home or at the gym, and what you can do to protect your shoulders in the future.

Living Well with Hypertension

Tuesday, February 25 • 5:30 to 8:00 p.m.

St. John Baptist Church, Columbia

Tuesday, March 24 • 5:30 to 8:00 p.m.

Elkridge 50+ Center

Designed for those with hypertension or high blood pressure; topics include risk factors; nutrition and food label guidance; sodium content in common foods; and medication management. FREE; register at 410-313-3506.

Free AARP Tax-Aide Assistance

AARP and the IRS will offer personal income tax preparation for Howard County residents from February 3 through April 15, available to all middle- and low-income taxpayers, with emphasis on those age 60 and older. Bring your photo ID, Social Security card, 2018 Federal and Maryland tax returns, and all 2019 tax documents. Self-employment returns with more than \$10,000 in expenses and complex returns are not eligible. Appointments required for all locations; call the indicated phone number to register.

■ East Columbia 50+ Center, 6600 Cradlerock Way, Columbia 21045 • 443-741-1220

Wednesdays: 9:00 a.m. to 1:00 p.m. • Thursdays: 4:30 to 8:00 p.m. • Saturdays: 10:00 a.m. to 3:00 p.m.

■ Elkridge 50+ Center, 6540 Washington Boulevard, Elkridge 21075 • 410-313-5192

Tuesdays: 1:00 to 5:00 p.m. • Fridays: 10:00 a.m. to 3:00 p.m.

■ Ellicott City 50+ Fitness Center, 9401 Frederick Road, Ellicott City 21042 • 443-741-1220

Mondays/Fridays: 10:00 a.m. to 2:00 p.m. • Tuesdays: 4:00 to 8:00 p.m.

■ Glenwood 50+ Center, 2400 Route 97, Cooksville 21723 • 410-313-5440

Mondays/Thursdays: 10:00 a.m. to 2:00 p.m.

■ Kahler Hall, 5440 Old Tucker Row, Columbia 21044 • 443-741-1220

Tuesdays/Wednesdays/Thursdays: 10:00 a.m. to 2:00 p.m.

■ North Laurel 50+ Center, 9411 Whiskey Bottom Rd, Laurel, MD 20723 • 410-313-0380

Tuesdays/Wednesdays/Fridays: 10:00 a.m. to 4:00 p.m.

